

# Butternut Sausage Hash

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**Yield:** 4 Servings      **Author:** Lauren

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PREP TIME: 10 MIN

COOK TIME: 50 MIN

TOTAL TIME: 1 HOUR

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*Roasted Butternut Squash served with a hash of sausage, apples, onion, and mushrooms*

## INGREDIENTS:

- 1 Large Butternut Squash
- 1 lb ground Pork Sausage
- 2 Apples
- 1 Yellow Onion
- 16oz Mushrooms
- 1 Tbsp Dried Sage
- 1/2 tsp Salt
- 1/2 tsp Pepper

## INSTRUCTIONS:

1. Preheat the oven to 400 degrees
2. Peel and cut the butternut squash into cubes and lay on a greased baking sheet. Spray the butternut squash with non-stick spray and add salt and pepper to taste
3. Bake the squash for 50 minutes
4. While the squash is roasting, chop the onion, apples, and mushrooms into small bite sized pieces and set aside
5. With 20 minutes left on the butternut squash, cook the pork sausage in a large greased skillet over medium heat
6. When the sausage is about 80 percent cooked though(8-10 mins) add in

the veggies, salt, pepper, and sage

7. Turn the heat to high and cook until the apples are soft, the onion are translucent, and the water released from the veggies has cooked off- about 10 more minutes
8. Scoop the butternut squash off the baking trays and divide it between 4 bowls. Add the sausage mixture to the butter nut squash, serve hot, and enjoy!